



CORSI FITNESS DAL 15 GIUGNO AL 01 AGOSTO 2026

LUNEDÌ	MARTEDI'	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO
	6.45 PILATES			6.45 CARDIO CROSS	
9.15 LONGEVITY	9.15 POSTURALE	9.15 GLUTEUS ATTACK	9.15 PILATES	9.15 TONE UP	9.30 YOGA (75 MINUTI)
9.15 CIRCUIT	9.15 GINNASTICA DOLCE	9.15 GYM	9.15 CIRCUIT	9.15 GINNASTICA DOLCE	10.40 GYM
10.00 GYM	11.45 MOVIMENTO IN GRAVIDANZA		10.00 GYM		12.20 GYM
12.45 TABATA	12.45 CARDIO CROSS	12.45 TABATA GAG	12.45 HIIT	12.45 GLUTEUS ATTACK	
12.45 CIRCUIT	12.45 TABATA	12.45 BIKE	12.45 CIRCUIT	12.45 GYM ACQUA ALTA	
				17.30 HIIT GAG 	
14.30 GYM	17.30 HIIT GAG 	18.10 GYM	18.10 GYM		
18.10 GYM	18.10 GYM	18.15 TRIBE CORE 	18.15 HIIT	18.15 POWER CIRCUIT	
18.15 GLUTEUS ATTACK	18.15 TABATA	18.50 TABATA GAG			
19.00 POWER CIRCUIT	19.00 STEP COREO	19.00 CIRCUIT	19.00 CARDIO CROSS	19.00 PILATES FLOW	
19.00 CIRCUIT	19.00 BIKE	19.45 YOGA (75 MINUTI)	19.00 CIRCUIT	19.00 BIKE	
19.50 PILATESFLOW		19.50 GYM	19.50 MOBILITY & CORE 		

 PISCINA
 PALESTRA
 EXTRA ABB.TO